

Crazy Legs

拍数: 64 墙数: 2 级数: Improver
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - June 2021
音乐: Lotta Lovin' - The Big Town Playboys & Jeff Beck



Music Available: Amazon from the album Crazy Legs - with no tags or restarts

[1-8] Travelling R: R toe strut, L cross strut, R toe strut, L rock back/recover

1-4 Touch R toes side right, step R heel down, cross touch L toes over R, step L heel down
5-8 Touch R toes side right, step R heel down, rock back on L, recover weight on R

[9-16] 3 step grapevine L with ¼ L, hold or scuff, R rocking chair

1-4 Step L side, cross step R behind L, turning ¼ left step L forward, hold or scuff R forward (9 o'clock)
5-8 Rock R forward, recover weight on L, rock R back, recover weight on L

[17-24] R fwd, hold, ¼ L pivot turn, hold, R fwd, hold, ¼ L pivot turn, hold

1-4 Step R forward, hold, pivot ¼ left, hold (6 o'clock)
5-8 Step R forward, hold, pivot ¼ left, hold (3 o'clock)

[&25-32] Jump R/L apart, hold, R knee pop in (Elvis Knee), 4 hip bumps R/L/R/L

&1-2 Jump R back, jump L back & apart, hold
3-4 Pop/turn R right knee in (weight remains on L), hold
5-8 Bump hips R, L, R, L (weight ends on L)

[33-40] R fwd step, touch L, L back step, touch R, ¼ R side step, touch L, L side step, touch R

1-4 Step R forward, touch L together, step L back, touch R together
5-8 Turning ¼ right step R side, touch L together, step L side, touch R together (6 o'clock)

[41-48] R fwd lock step, hold, L fwd, ½ R pivot turn, L fwd, hold

1-4 Step R forward, lock L behind R, step R forward, hold
5-8 Step L forward, pivot ½ right, step L forward (extended 5th), hold (12 o'clock)

[49-56] ½ L/R back, ½ L/L forward, R fwd, hold, L fwd mambo, hold

1-4 Turning ½ left step R back, turning ½ left step L forward, step R forward, hold (12 o'clock)

Non-turning option: run fwd R, L, R, hold

5-8 Rock L forward, recover weight on R, step L back, hold

[57-64] R back, hold, L back/apart, hold, R cross over L, hold, unwind ½ left

1-4 Step or stomp R back, hold, step or stomp L back & apart, hold
5-8 Cross R over L, hold, unwind ½ left over 2 counts with weight ending on L foot (6 o'clock)

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